# Habit Tracker

*Use this document to track and maintain your good habits. Building consistency is the key to success, and this tracker will help you visually monitor your daily progress over time.*

## Participant Information

* **Name:** {name}
* **Start Date:** {startDate}
* **Goal Description:** {goalDescription}

## Daily Habits

The following habits are the focus for this tracking period:

{#habits}

* **{habitName}** - *{habitDescription}*

{/habits}

## Daily Progress Log

Mark daily completion of each habit with a ✅ (done) or ❌ (missed).

|  |  |
| --- | --- |
| **Date** | **Progress** |
| {#logs}{date} | {progress}{/logs} |

## Weekly Reflection

Use this section to reflect on your progress at the end of each week.

{#weeklyReflections}

* **Week:** {weekNumber}
* **Reflections:** {reflectionText}
* **Challenges Faced:** {challenges}
* **Plan to Improve:** {nextWeekPlan}

{/weeklyReflections}

## Final Summary

**Total Days Tracked:** {totalDaysTracked}

**Habits Successfully Maintained (X/Total):** {habitsMaintainedSummary}

**Overall Experience:**

{summaryText}